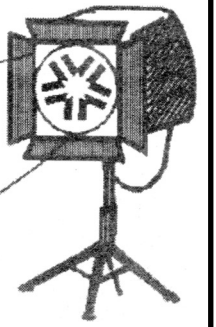




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVIII, ISSUE 8

A newsletter for D.C. Seniors

August 2003

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

The summer months are a great time for intergenerational activities such as family cook-outs, vacations and camping. The D.C. Office on Aging and D.C. Parks and Recreation sponsor the United Generations Summer

Camp every August for a week in Scotland, Md. This event is held for District seniors who are primary caregivers of minor children.

Last year's participants enjoyed information workshops, line dancing, fishing, Mardi Gras Night, relaxing on the water and much more. Sign up for the 2004 session.

The D.C. Commission on Aging hosted the annual Calvin W. Rolark Intergenerational Poster Contest. The poster contest showcases the talents of many of the District's students. Cash awards and certificates were provided through the United Black Fund and the D.C. Office on Aging. See the winners and their wonderful posters on the following pages.

Local senior Doris Thomas and her intergenerational theatre group will celebrate 20 years of creative expression and entertainment at the historic Lincoln Theatre. Read more about her courage, tenacity and talent.

Also in this issue find out how the contestants in the Ms. Senior D.C. Pageant placed in the recent pageant. District women 60 years of age and older show they are "Aging with Style."

Stay cool and hydrated, and enjoy your summer!

Health Study Seeks Older Women

The National Institutes of Health is seeking healthy women age 60 and older to participate in a study about how the ovaries function at various levels. It is hoped that this information will be used to develop a test that will enable physicians to uncover various kinds of ovarian dysfunction early in a woman's life.

Participants are given a free medical evaluation and monetary compensation, plus an allowance for transportation costs.

If you are a woman age 60 or over and are not on daily prescribed medication, call NIH today at 800-411-1222. You must have been pregnant in the past (regardless of outcome).

Blood Pressure Screening Training

The District of Columbia Caregivers' Institute presents free blood pressure screening training for caregivers of the elderly. To participate, you must be an unpaid caregiver of a senior living in the District of Columbia and live in D.C. yourself.

Space is limited. Pre-register at 202-464-1513. Training participants will receive a caregivers' survival kit. Select from five different days and sites for training:

August 7 • 10 a.m. to noon

Center Care Day Treatment Program
Washington Center for Aging Services
2601 18th St., N.E.

August 11 • 10 a.m. to noon

Columbia Senior Center
1250 Taylor Street, N.W.

August 12 • 10 a.m. to noon,

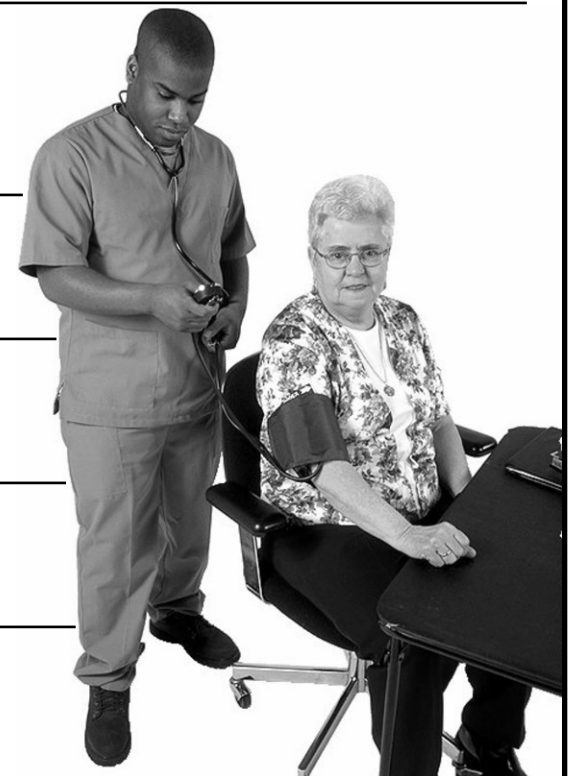
D.C. Office on Aging
441 Fourth Street, N.W., #940 South

August 13 • 10 a.m. noon

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr., Ave., S.E.

August 14 • 1 to 3 p.m.

IONA Senior Services
4125 Albemarle St., N.W.



ELDERFEST 2003

Enjoy live entertainment, music, health and information exhibits, demonstration bingo and more at **ELDERFEST 2003**. This outdoor festival will give you the opportunity to witness the creativity and vitality of District seniors.

Purchase handmade arts and crafts, homemade baked goods and specialty items to support an Emergency Assistance Fund for needy seniors. Also, if you are a District resident 60 years of age or older and you have arts and crafts for sale, ask your center director how you can sell your goods at **ELDERFEST**. For more information about selling arts and crafts, contact Robinette Livingston at 202-398-5948.

ELDERFEST will be held Thursday, September 4 from 10 a.m. to 3 p.m. at Freedom Plaza, on Pennsylvania Avenue, N.W. between 13th and 14th Streets. Fun for everyone!

For more information, call 202-581-8100.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Intergenerational Poster Contest Winners



Elementary school poster

The D.C. Commission on Aging hosted its Calvin W. Rolark Intergenerational Poster Contest under the theme "What We Do Together Can Make A Difference." Now in its tenth year, the contest is held to promote intergenerational interaction and depict the many ways youth and the elderly share each others' lives.

The youth who participated in this year's Intergenerational Poster Contest were awarded cash prizes from the United Black Fund (UBF). Wilhelmina Rolark, president of the UBF, was present to congratulate the students and assist with the presentations.

E. Veronica Pace, executive director of the D.C. Office on Aging and a graduate of the District of Columbia Public Schools, encouraged the winners to pursue their artistic goals and to continue to develop their talents.

This year's winners included an entry from Scheron Lee's 4th Grade Class at the Sharpe Health School. Their entry depicts the interaction they have with their



Middle school poster

Foster Grandparent, Lenora Sledge, who does a wonderful job working with the students.

The contest also applauds the many roles of seniors in the community, particularly their mentorship roles and their roles as patriarchs and matriarchs of the community. The D.C. Commission on Aging remains grateful to the United Black Fund and the D.C. Office on Aging for their continued support of this contest.

The contest winners are as follows:

Grades 1-5

1st place: Sharpe Health School/Scheron Lee's 4th Grade class Joseph Allen, Eric Anderson, Maya Brown, Alexis Fleming, Tameka Huff, Ronald Miller, Searcy Smith, Charles Watts (*students*)

2nd place: Dusean Middleton, 4th Grade, Slowe Elementary

3rd place: Lawrence Lockhart, 1st Grade, Wheatley Elementary



High school poster

Honorable Mention: Cederick Coles, 4th Grade, Wheatley Elementary; Shyra Davis, 3rd Grade, Wheatley Elementary; Jahna Reed, 5th Grade, Park View Elementary

Grades 6-8

1st place: Antonio Armstead, 8th Grade, Kramer Middle

2nd place: Alexis Milton, 6th Grade, Ketcham Elementary

3rd place: Eric Council, 6th Grade, Turner Elementary

Honorable Mention: Erica Miller, 6th Grade, W. Bruce Evans Middle; Piccom Dews, 6th Grade, W. Bruce Evans Middle

Grades 9-12

1st place: Tomain Hawkins, 9th Grade, Eastern Senior High

2nd Place: Michael Dozier, 10th grade, Eastern Senior High

Honorable Mention: Acquasia Joyner, Eastern Senior High; Jeron Rhodes, Eastern Senior High

Celebrating Doris Thomas and Her Serenity Players



Doris Thomas, 78, is reaching a milestone this month. The Serenity Players, an intergenerational theatre company she founded, will celebrate its 20th year of providing productions in the District of Columbia.

Thomas describes herself as a model, actress, directress and much more. To others, she is nothing less

than remarkable. Thomas learned to tap dance at the age of 70 and has performed across the city at events, senior centers, nursing homes, schools and churches.

Thomas commits her time with the young and the old, inspiring others with her wisdom and creativity. She has also published a book about her life. A cancer survivor more than once, she still spends hours volunteering for the American Cancer Society. Thomas has appeared in commercials for the organization and has helped cancer patients cope with the disease.

She also wears the hat of Ms. Senior D.C. 1992. She represented the District of Columbia in the Ms.

Senior America Pageant that year, where she shared her talent as an actress.

Thomas has learned a lot since then and even served as a judge for the Ms. Senior America Pageant in 2001. She was the founding president of the D.C. Senior America Pageant in 1995. Thomas still works very diligently with that group and proudly wears her banner across the city.

Through the 20 years of the Serenity Players, Thomas has remained at the helm, seeing actors and young people come and go. But she knows the importance of providing this medium in the Southeast section of the city. Many youth need an artistic outlet or something to occupy their time and minds.

On August 16, at 7:30 p.m. in the historic Lincoln Theater, the Serenity Players will celebrate their anniversary. This family-oriented celebration will feature local and national performers, artists and presenters of all ages. It will consist of revues and excerpts of works the company has produced throughout its 20 years in Washington.

Many of the selections performed during the evening will pay tribute to the company's history through dance, music and theatre. A special surprise guest is also on tap for the occasion.

Ticket prices are \$20 for general admission, \$15 for those 60 and over, as well as students age 13 to 18, \$5 for those 6 to 12 years old, and free for those 5 and under. Tickets are available from TicketMaster

Phone Charge at 202-432-7328, and at all Hecht's Department stores and Tower Records.

Tickets may also be purchased at the door of the theatre, which is located at 1215 U St., N.W. Patrons are encouraged to ride the Metro Green line to U Street/African American Civil War Memorial/Cardozo station. Street parking is also available.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

August events

5th • 1 p.m.

"Chocolate Chip Cookie Day." Join the Columbia Senior Center, 1250 Taylor St., N.W., as they bake from scratch and eat loads of chocolate chip cookies. For more information, call Monica at 202-328-3270, x 11.

6th, 12th, 13th, 20th, 21st and 26th • 10:30 a.m.

Know your neighborhoods from Adams Morgan to Anacostia. Seniors will visit all of the neighborhoods of the city to see the diversity, challenges and charms of each. UPO/Project Keen at the Phillip T. Johnson Senior Center will provide the transportation and leave from 3200 S St., S.E. For further information, contact Robinette Livingston at 202-584-4431.

7th • 1 to 4 p.m.

Questions about how to pay for your healthcare? Each month, IONA and the Health Insurance Counseling Project of the George Washington University Law School offer a question-and-answer session free of charge at IONA Senior Services to seniors and those who care for them. Topics include, but are not limited to, Medicare, HMOs, long-term care insurance, paying medical bills, paying for prescription drugs, and many other health-related concerns facing seniors. Walk in or make an appointment. IONA Senior Services, 4125 Albemarle Street, N.W., 202-895-9448.

7th • 1 p.m.

In honor of National Clown Week, join Hajji the Clown, alias of the newly crowned Ms. Senior D.C. 2003, Ellen Odellas-Van Edwards, and friends for a program entitled, "Putting on a Happy Face." For further information, contact Monica at Columbia Senior Center at 202-328-3270, x 11.

8th • 11 a.m.

Enjoy a tour of the Air and Space Museum with the Educational Organization for United Latin Amer-

icans (EOFULA) Spanish Senior Center. For details, call 202-483-5800.

15th • 8 a.m.

The Educational Organization for United Latin Americans (EOFULA) Spanish Senior Center will be going to Virginia Beach. For information, contact Alberto Camacho at 202-483-5800.

21st • 10:30 a.m.

For fresh fruits, vegetables, and foods of all kinds, take a trip with Columbia Senior Center to Miller's Farm in Piscataway, Md. For reservations or more information, call Monica at 202-328-3270, x 11.

21st

Join the Greater Washington Urban League, Division of Aging Service on a fishing trip. Bring your own fishing rod, bait and tackle. For reservations and time of trip, contact Vivian Grayton at 202-529-8701.

25th • 10 a.m.

Columbia Senior Center will be taking a trip to Sandy Point Beach for a picnic. Donation of \$4 includes lunch. The bus will depart from the center, 1250 Taylor St., N.W. For details, call Monica at 202-328-3270, x 11.

27th and 28th • 7 a.m.

Columbia Senior Center presents a fabulous vacation to New York City and Atlantic City. Spend two days and one night for \$189 per person double occupancy, transportation included. This package includes one night's accommodation, one breakfast, evening of dinner and entertainment at your hotel. Touring in New York City includes such sights as: South Street Seaport, Chinatown, Greenwich Village, Little Italy, Soho, St. Patrick's Cathedral, Rockefeller Center, Central Park, Lincoln Center, Harlem Drive, Radio City Music Hall and St. John Divine. Also visit an Atlantic City casino. All taxes, meal gratuity and baggage handling included. For information and/or reservations, please contact Monica

Carroll at 202-328-3270. Bus will depart from Columbia Senior Center, 1250 Taylor St., N.W.

29th • 5:30 to 8:30 p.m.

Enjoy a happy hour with Columbia Senior Center. For a \$2 donation, you can dance the night away with your friends at 1250 Taylor St., N.W. Happy hour will include a hearty buffet and line dancing with DJ Tyzer. For details, call Monica at 202-328-3270, x 11.

September events:

12th • 9 a.m.

In observance of Grandparent's Day, seniors will go fishing at Arundel on the Bay. Enjoy lunch and return to the Phillip T. Johnson Senior Center, 3200 S St., S.E. For details, call Robinette at 202-584-4431.

18th

Join the Greater Washington Urban League, Division of Aging Services, on a boat ride on the Spirit of Washington. Tickets are \$28 per person. Money is due by August 13th. For further information and reservations, contact Vivian Grayton at 202-529-8701.

Ongoing:

The Greater Washington Urban League, Inc. is recruiting seniors to visit and participate in its activities at nutrition centers in Wards 2 and 5. Services provided include: case management, recreation and socialization, health promotion, and nutrition education and counseling. For more information, contact Brenda L. Turner, director of Aging Services, or Evelyn Minor, nutrition health services coordinator at 202-529-8701. Or write to Greater Washington Urban League, Inc., Aging Services Division, 2900 Newton St., N.E.

Potomac Gardens holds computer classes on Mondays and Thursdays from 6 to 9 p.m., and sewing classes on Tuesdays and Thursdays from 4 to 6 p.m. Potomac Gardens is located at 1229 G Street, S.E. For more information, call 202-544-4385.

Seeking Centenarians

The Office on Aging is looking for persons who are or will be 100 years of age or older by September 30. If you or someone you know are 100 years of age and reside in the District of Columbia, call **Angela Brooks** or **Darlene Nowlin** at **202-724-5622**.

The Office on Aging will be honoring centenarians in October.

BODYWISE's Fourth Annual Walk "Round the World"

Saturday, September 20, 2003

At UDC's Van Ness Campus

Registration begins at 9:30 am

Fee: \$15 per entrant, which includes a T-shirt.

Each group of 10 to 15 will be led by a volunteer docent, who will identify and comment on embassies along the walk route. This tax deductible fundraiser will help support and expand the **BODYWISE Senior Fitness Program**. Call **202-274-6697** or **202-274-6651** for more information.

D.C. OFFICE ON AGING NEWSLETTER

Aging with Style



Ellen Odellas-Van Edwards



Verna Shelton



Contestants danced with members of the Columbia Senior Steppers as part of the opening for the Ms. Senior D.C. Pageant. Annette Matthews-Gant (Best Talent), center; Virgilena Lee, back.



Daisy Savage, Ms. Senior D.C. 2002, dances with husband Judison Savage, as part of the opening act.



From left, Odellas-Van Edwards' grandson; Virginia Hayes Williams, mother of Mayor Anthony A. Williams; Odellas-Van Edwards; and Daisy Savage, Ms. Senior D.C. 2002.



Annette Matthews Gant



Ella Baldwin displays her talent as a belly dancer.



Ella Baldwin



First runner-up Virgilena Lee in her evening gown.



Virgilena Lee, 77, first runner-up, shown in background, shared the Miss Congeniality title with the winner.

Entertaining the crowd with magic tricks and comedy as part of her clown routine, Ellen Odellas-Van Edwards was crowned Ms. Senior D.C. 2003 at the pageant held at the University of the District of Columbia in June.

The 66-year-old grandmother of four wore a beautiful turquoise sequined gown and was escorted by her grandson, who wore a tuxedo accented by turquoise cummerbund and bow tie.

She also won the Best Interview and Best Salesperson Award, which is given to the person who has sold the most tickets and advertisements combined. Odellas-Van Edwards also tied with Virgilena Lee, first runner-up, for the Miss Congeniality Award.

Virgilena Lee wowed the audience with her dramatic presentation of "Phenomenal Woman" by Maya Angelou. Her sassy interpretation of the popular salute to women was enjoyed by many. She was dressed elegantly in a pale green chiffon dress during the evening gown competition, in which she was escorted by her son Johnny Lee.

Second runner-up was Annette Matthews-Gant, who did not let technical difficulties during her talent presentation stop her. The jazzy vocalist sang "Young and Foolish" and was presented the Best Talent Award by the judges. At first, the music wouldn't start. But when it did, she belted out her song like nothing happened.

Third runner-up Ella Baldwin delighted the crowd with a belly dance routine. Wearing a genie costume of blue and gold, she flashed her beautiful smile to the audience. The accomplished seamstress also created the satin white dress that she wore during the evening gown competition.

Fourth runner-up Verna Shelton entertained the crowd with Ruth Brown's "Mamma He Treats Your Daughter Mean." She showed the audience that hats can top off your ensemble by wearing hats during her talent performance and her evening gown presentation.

Odellas-Van Edwards, a retired federal employee, will represent the District of Columbia in the Ms. Senior America Pageant in Reno, Nevada in November. Prizes for Ms. Senior D.C. included \$200 cash, \$200 toward the purchase of a gown, the trip to the national pageant, a ticket on the Big Band Cruise on the Spirit of Washington, and a gift basket from Vision DC. All contestants received trophies, cash prizes and gift baskets.

The Ms. Senior D.C. Pageant is sponsored by the D.C. Office on Aging, Family and Child Services of Washington, D.C., Inc., and the D.C. Senior America Cameo Club.